

May Trips 2008
Tickets on Sale: Members 4/4, Non-Members 4/11

Broward on Broadway “How to Succeed in Business Without Really Trying”
This musical comedy shows us how you can truly get ahead without trying in the business world.
Date: Saturday, 5/3
Time: 12:00 pm – 4:00 pm
Fee: Members \$10 / Guests \$12
Program #: 480839A

Verdi’s & Stagedoor “Starting Here & Now”
This is love affair between music & its audience...Journey through contemporary relationships to hysterical husband hunting and comments on trendy marriages.
Date: Thursday, 5/8
Time: 4:00 pm – 11:00 pm
Fee: Members \$48 / Guests \$50
Program #: 480839B

Gallery 5 & Crab House Restaurant
Enjoy a live fashion show with hot new styles...afterwards, browse & affordably shop the showroom.
Date: Monday, 5/12
Time: 8:00 am – 3:00 pm
Fee: Members \$30 / Guests \$32
Program #: 480842A

June Trips 2008
Tickets on Sale: Members 5/2, Non-Members 5/9

Calder Racetrack
Date: Thursday, 6/5
Time: 11:00 am – 5:00 pm
Fee: Members \$5 / Guests \$7
Program # 480810A

Marlins vs. Cincinnati
Date: Monday, 6/9
Time: 6:00 pm – 11:00 pm
Fee: Members \$23 / Guests \$25
Program # 480837B

Aventura Mall
Date: Thursday, 6/19
Time: 10:00 am – 4:00 pm
Fee: Members \$5 / Guests \$7
Program # 480846A

Sunrise Diner’s Club (Peppermill)
Date: Tuesday, 6/24
Time: 3:30 pm – 7:30 pm
Fee: Members \$5 / Guests \$7
Program # 480829A

July Trips 2008
Tickets on Sale: Members 6/6, Non-Members 6/13

Seminole Casino Coconut Creek
Date: Tuesday, 7/8
Time: 10:00 am – 4:00 pm
Fee: Members \$5 / Guests \$7
Program # 180826A

Brazilian Tropicana
Date: Thursday, 7/17
Time: 4:45 pm – 11:00 pm
Fee: Members \$44 / Guests \$46
Program # 180817A

Marlins vs. Mets
Date: Monday, 7/28
Time: 5:30 pm – 10:00 pm
Fee: Members \$23 / Guests \$25
Program # 180837A



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May / June 200810650 West Oakland Park Boulevard | 954-746-3670 | www.sunrisefl.gov

SUNRISE SENIOR CENTER

The Senior Center is closed on Saturday and Sunday.

ACTIVITIES

Special Events, Seminars & Classes

AARP SAFETY DRIVER COURSE
Time: 9:00 am – 1:00 pm
Fee: Bring \$10 check to class (made payable to AARP)
Dates: Wednesday, 5/14 & Thursday, 5/15
Program #480853B
Registration Begins: Members 4/1, Non-Members 4/8

BEADING
This class is available to Senior Center members only. Participants must bring their own materials & tools. Materials list will be available at the front desk.
Day/Times: Mondays, 12:30 pm – 2:30 pm or
 Tuesdays, 6:00 pm – 8:00 pm (2 classes/month)
Fee: No Charge

Square Bracelet (May)
Dates: Days 5/5 – 5/19, Evenings 5/6 & 5/13
Program: #480805B (day) #480812B (evening)
Registration Begins: 4/1

Peyote Ladder Stitch Bracelet(June)
Dates: Days 6/2 – 6/30, Evenings 6/3 & 6/10
Program: #480805C (day) #480812C (evening)
Registration Begins: 5/1

Shell Bracelet(July)
Dates: Days 7/7 – 7/28, Evenings 7/1 & 7/8
Program: #180805A (day) #180812A (evening)
Registration Begins: 6/2

BLOOD PRESSURE CHECKS
Have your blood pressure checked regularly by Sunrise Fire/Rescue.
Dates: Fridays, 5/9, 6/13
Time: 10:30 am – 11:30 am
Fee: No Charge
Registration: Walk-ins Welcome

COMPUTERS
These classes are for Sunrise residents who are Senior Center members, over the age of 62.
Fee: Free

Beginners Classes
Dates: Tuesdays, 6/3 – 7/8
Time: 1:00 pm – 3:00 pm OR
 6:30 pm – 8:30 pm
Program: # 480802C (afternoon) #480802D (evening)
Registration Begins: 5/1

Open Computer Lab
Dates: Tuesdays
Time: 9:30 pm – 11:00 pm
Program: # 180806A (register once/year)
Registration: Ongoing

CULINARY CORNER
Make recipes that are simple, healthy & low fat. The class is geared toward microwave cooking for one.
Time: 1:30 pm – 3:30 pm
Fee: Members \$5 / Guests \$7

Chicken/Vegetable Rice (May)
Date: Thursday, 5/29
Program #480816B
Registration Begins: 4/1

Fettuccine with Escarole & Brie (June)
Date: Thursday, 6/26
Program #480816C
Registration Begins: 5/1

Salmon with Ginger & Onions (July)
Date: Thursday 7/24
Program #180816A
Registration Begins: 6/2

See the insert page for continued programs...

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TRIP & TICKET POLICIES – Note Changes
<p>9:00 a.m. - 10:30 a.m. Sunrise Woodcarvers Arts & Crafts Room</p> <p>9:30 a.m. - 10:30 a.m. Striders Club Lobby</p> <p>9:30 a.m. - 10:30 a.m. Senior Jazzercise Burgundy Room A</p> <p>9:30 a.m. - 12:00 p.m. Open Gametime Burgundy Room B</p> <p>12:30 p.m. - 2:30 p.m. Beading Class Burgundy Room B</p> <p>1:30 p.m. – 3:30 p.m. Open Craft Class Arts & Crafts Room Program #180801A</p> <p>2:30 p.m. – 4:30 p.m. Monday Dance Mixer Burgundy Room A & B</p>	<p>9:00 a.m. - 9:30 a.m. Tai Chi Burgundy Room A Program #180858A</p> <p>9:00 a.m. - 12:00 p.m. Mah Jongg Class Burgundy Room B Program #180809A</p> <p>9:30 a.m. - 10:30 a.m. Senior Aerobics Burgundy Room A Program #180857A</p> <p>9:30 a.m. - 11:00 a.m. Open Computer Lab Classroom Program #180806A</p> <p>1:00 p.m. - 3:00 p.m. Beginners Computer Class Classroom</p> <p><i>Special Evening Hours</i> 6:00 p.m. - 9:00 p.m. Open Game Room</p> <p>6:00 p.m. - 9:00 p.m. Woodcarving Arts & Crafts Room</p> <p>6:30 p.m. - 8:30 p.m. Beginners Computer Class Classroom</p> <p>6:30 p.m. - 8:30 pm Beading Class Burgundy Room B Varied Dates - See front page</p>	<p>9:30 a.m. - 10:30 a.m. Senior Jazzercise Burgundy Room A</p> <p>9:30 a.m. - 10:30 a.m. Striders Club Lobby</p> <p>9:30 a.m. - 12:00 p.m. Senior Bowling League Strikers Lanes</p> <p>11:30 a.m. - 12:30 p.m. Laughter Club (1st & 3rd Wed.) Burgundy Room B</p> <p>12:30 p.m. - 3:30 p.m. Bridge (Open Play) Burgundy Room A</p> <p>1:30 p.m. – 3:30 p.m. Intermediate Painting Arts & Crafts Room</p> <p>3:00 p.m. - 4:30 p.m. Singles Club Burgundy Room B</p>	<p>9:30 a.m. - 11:00 a.m. Bereavement Support Group Classroom</p> <p>10:00 a.m. – 11:30 a.m. Coupon Club Senior Center Library</p> <p>10:00 a.m. - 12:00 p.m. Line Dancing Burgundy Room A</p> <p>12:30 p.m. –3:30 p.m. Open Gametime Burgundy Room B</p> <p>12:30 p.m. – 4:00 p.m. Non-Sanctioned Dup. Bridge Burgundy Room A</p> <p>1:00 p.m. - 3:00 p.m. Sewing Creations Arts & Crafts Room Program #180858B</p>	<p>9:00 a.m. - 9:30 a.m. Tai Chi Burgundy Room A Program #180858A</p> <p>9:30 a.m. - 10:30 a.m. Stretchersize & Hand Weight Training Burgundy Room A Program #180856A</p> <p>1:00 p.m. - 2:30 p.m. Choral Group Burgundy Room A Program #180827A</p> <p>1:00 p.m. - 2:30 p.m. Bingo Burgundy Room B</p> <p>1:30 p.m. – 3:30 p.m. Beginning Painting Arts & Crafts Room</p>	<ul style="list-style-type: none">When purchasing tickets, please indicate the full name, <u>and birth date and phone number</u> of your guest.If you require <u>wheelchair accommodations</u> for a trip, you must inform us at sign up time. <u>(Be sure this is noted on your registration form)</u>When you are called about a food choice for a trip, you must return the call within 2-3 days; otherwise a choice will be made for you. No changes can be made 7 days prior to the trip or at the restaurants.No changes can be made 7 days prior to the trip or at the restaurants.Trips departing before 3:30 p.m. leave from the Civic Center east parking lotIf you purchase a ticket and later sell or give it to someone, you must contact a Senior Center staff member to make a name change on our master roster.A Group Leader is available on most trips. In their absence, the Bus Driver will act as Group Leader. The Group Leader checks all participants in and assists in providing you with the best possible experience.Please occupy the same bus seat on the way to and from an event.Members MUST be present to purchase tickets. You may, however, buy a ticket for a member who resides in the same household as you, provided you present their I.D. card.You may purchase one additional ticket (at the higher guest price) for each member ticket purchased. Two tickets maximum per person.No tickets will be sold before the published sale date. Sales commence at 9:00 a.m.Current I.D. cards must be presented for any transaction.Non-members may purchase tickets, based on availability, at a later date. Check with the front desk for open sale dates.No membership renewals or new members will be accepted on the morning of ticket sales.Refund Policy: The City reserves the right to retain fees to cover expenses non-refundable to the City.
<p><u>Monday Classic Movies</u> New Time at 11:30 am</p> <p>5/5 <u>Dead Reckoning</u> Humphrey Bogart, Elizabeth Scott</p> <p>5/12 <u>Married to the Mob</u> Michelle Pfeiffer, Matthew Modine</p> <p>5/19 <u>Our Town</u> William Holden, Martha Scott</p> <p>5/26 <u>No Movie</u></p> <p>6/2 <u>Strange Lady in Town</u> Dana Andrews, Greer Garson</p> <p>6/9 <u>To Hell & Back</u> Audie Murphy, Marshall Thompson</p> <p>6/16 <u>Wild Bill</u> Jeff Bridges, Ellen Barkin</p> <p>6/23 <u>Adventures Robin Hood</u> Errol Flynn, Olivia DeHavilland</p> <p>6/30 <u>The Sea Chase</u> John Wayne, Lana Turner</p>	<p><u>Tuesday New Release Movies</u> 12:00 Noon & 6:00 pm</p> <p>5/6 <u>We Own the Night</u> Joaquin Phoenix, Mark Wahlberg 2 Hrs, (Rated R)</p> <p>5/13 <u>No Reservations</u> Catherine Zeta Jones 1 Hr, 45 min (Rated PG)</p> <p>5/20 <u>No Country for Old Men</u> Tommy Lee Jones, Josh Brolin 2 Hrs, 5 min (Rated R)</p> <p>5/27 <u>American Gangster</u> Denzel Washington, Russell Crowe 2 hrs, 40 min (Rated R)</p>	<p></p> <p><u>Tuesday New Movies (con't.)</u></p> <p>6/3 <u>Elizabeth</u> Cate Blanchett, Clive Owen 1 hr 55 min (Rated PG-13)</p> <p>6/10 <u>The Brave One</u> Jodie Foster 1 Hr, 25 min (Rated R)</p> <p>6/17 <u>August Rush</u> Robin Williams, Keri Russell 1 Hr, 50 min (Rated PG)</p> <p>6/24 <u>Atonement</u> Keira Knightley, James McAvoy 2 Hr, 5 min (Rated R)</p>	<p>OLDER AMERICAN MONTH EVENTS</p> <p>Birthday Bash Join us to celebrate your birthday! Enjoy entertainment, a light lunch, cake & much more. If you are a Sunrise resident and 100 years young a special treat is in store for you. Roundtrip transportation available for Sunrise residents @ \$5 per person Date: Wednesday, May 7 Time: 2:00 pm – 4:00 pm Fee: Members \$8 Guests \$10 (+\$5 optional transportation) Program #480822A Registration Begins: 4/4 (at April Ticket Sale)</p> <p>Older American Month Line Dance Workshop This is your chance to kick up your heels and enjoy learning new dances. Walk-ins welcome! Date/Time: May 15, 10:00 am - 12:00 pm</p> <p>Older American/ Sunrise Laughter Event Come participate in the 1st Annual Laughter Event directed by certified laughter leader Pat Lackey. Everyone is welcome to help us set a record for the largest laughter group in Sunrise’s history. For more information contact the Sunrise Senior Center at (954) 746-3670. Sign up by phone beginning April 1. Date/Time: May 21, 11:30 am - 12:30 pm</p> <p>Older American Month Choral Concert Come listen to the Sunrise Senior Center Sunrise Star Performers. Date/Time: May 23, 1:30 pm - 2:30 pm Tickets Available: 4/4</p>		

SUNRISE SENIOR CENTER

The Senior Center is closed on Saturday and Sunday.

ACTIVITIES

Special Events, Seminars & Classes

DUPLICATE BRIDGE GAME (NON-SANCTIONED)

Date: Every Thursday

Time: 12:30 pm - 4:00 pm

Fee: No Charge

Registration: Walk-ins Welcome

GREEN THUMBS

Classes taught by Horticulture Therapist Robert Bornstein.

Time: 10:30 am - 11:30 am

Fee: Members \$1 / Guests \$3

Pressed Flower Plaque (May)

Date: Wednesday, 5/28

Program #480815B

Registration Begins: 4/1

Fabulous Ferns (June)

Date: Wednesday, 6/25

Program #180815A

Registration Begins: 5/1

Decorative Wicker Baskets (July)

(Using silk flowers and more...)

Date: Wednesday, 7/23

Program #480815B

Registration Begins: 6/2

MAMMOVAN

Baseline mammography is recommended for women between the ages of 35-40 & then a routine annual mammography every year after the age of 40. A mobile mammography unit from Broward Health will be here to provide routine mammography screening for people ages 35 and up. The exam fee is \$58.00 and they will accept insurance coverage for payment (no HMO's please). Please call (954) 746-3670 for an appointment or for further information.

Dates: Tuesdays, 5/13, 6/10

Time: Morning Hours



MONDAY MIXER

Join us for the "Monday Dance Mixer" with refreshments and new entertainment! Sign up one week in advance for our 4:30 pm shuttle home (drop-off within Sunrise only, fee: .25 cents)

Dates: Every Monday

Time: 2:30 pm - 4:30 pm

Fee: No Charge

Registration: Walk-ins Welcome

SENIOR JAZZERCISE

A trained instructor leads "Seniors Only" class. Date: Mondays & Wednesdays, 5/5 - 6/30 skip 5/26

Time: 9:30 am - 10:30 am

Fee: \$44/ 8 wk class or \$12/ daily paid to instructor

Registration: Sign up now at the front desk

SEWING CREATIONS

Learn how to sew & use basic stitches to complete projects. Members must bring their own materials.

Day/Time: Thursdays, 1:00 pm - 3:00 pm

Fee: No Charge

Program #180819A (register once/year)

Registration: Sign up now at the front desk

WOODCARVING

Let us introduce you to carving and help develop your talent. Members pay for their own tools and materials. Volunteer instructors are available.

Day/Time: Mondays, 9:00 am - 10:30 am or
Tuesdays, 6:00 pm - 9:00 pm

Fee: No Charge

Registration: Walk-ins Welcome

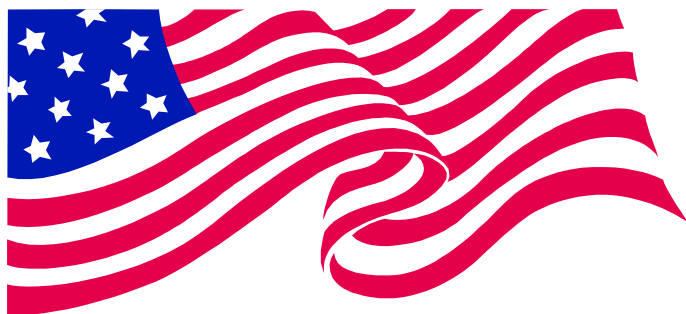
*Be sure to check our schedule of
OLDER AMERICAN MONTH
EVENTS on the inside page of
this calendar!*

SUNRISE SENIOR CENTER

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ACTIVITIES

Special Events, Seminars & Classes



***THE SENIOR CENTER WILL BE CLOSED
MONDAY MAY 26, JOIN US FOR OUR
CITY'S MEMORIAL DAY CEREMONY
9:30AM AT WELLEBY PARK***

Community Support Services

SOCIAL SERVICES

The Special and Community Support Division provides information and referral regarding available federal, state, and county social service programs. Our social worker can assist with information regarding Food Stamps, assisted living and nursing home criteria, Medicare, Medicaid, HMO & Medigap Insurance. An emergency food bank and medical equipment loan-out is also available. For further information, contact the social worker at (954) 746-3670. Outreach is available for homebound residents

FOOD PANTRY

A food pantry stocked with canned goods is available for Sunrise residents who may need temporary assistance due to loss of employment or other financial issues. For further information, contact City of Sunrise Social Worker.

MINIBUS TRANSPORTATION

Are you aware that the City of Sunrise maintains its own bus services? Minibus routes operate daily picking up passengers from residential areas and transporting them to major shopping centers within the City of Sunrise, to the Senior Center and the Sunrise Civic Center/Athletic Club. The cost is only 25¢ per ride! Buses are in service Monday - Friday from 8:00 am until 2:45 pm please call the Sunrise Senior Center at 954-746-3677 to obtain schedules or for more details.

NON-EMERGENCY MEDICAL TRANSPORTATION PROGRAM

Are you a Sunrise resident? Are you 62 years of age or older or physically handicapped? Do you no longer drive or maintain a vehicle in your immediate household? Do you have a problem finding reliable, inexpensive transportation to doctors, dentists and other medical appointments? Call for further information or to request an application form.

PROPERTY TAX EXEMPTION ASSISTANCE

The Broward County Property Appraiser's office will offer taxpayers help applying for homestead and other property tax exemptions. Applicants must bring a Florida driver's license or ID card; a Broward voter registration or a declaration of domicile; Social Security numbers of all owners; and a copy of the recorded deed or a copy of a tax bill. Resident aliens must bring a permanent resident green card or proof of asylum. Residents also can apply for the widow/widower, disability/veteran's disability, and senior's additional exemptions.

Dates: Fridays, 4/11, 5/9, 6/13, 7/11

Time: 10:00 am - 11:30 am

Registration: Walk-ins Welcome

